



Inova Health Systems CEO Dr. J. Stephen Jones makes remarks during a March 9 preview of the high-capacity vaccination site at the Victory Center in Alexandria. With him are Fairfax County Board of Supervisors Chairman Jeff McKay, Alexandria Mayor Justin Wilson and Stonebridge Principal Douglas Firstenberg.



Inova Health Systems CEO Dr. J. Stephen Jones confers with Fairfax County Board of Supervisors Chairman Jeff McKay March 9 at the mass vaccination site at the Victory Center in Alexandria.

PHOTOS BY JANET BARNETT/GAZETTE PACKET

Victory Center Transformed for Vaccines

High-capacity Covid-19 vaccination site to open in Alexandria as the one year mark in the pandemic passes.

BY JEANNE THEISMANN
GAZETTE PACKET

A large-scale vaccination center for Northern Virginia is slated to open by the end of March at the long-vacant Victory Center with the ability to provide upwards of 6,000 doses per day of the Covid-19 vaccine.

Alexandria Mayor Justin Wilson, Fairfax County Board of Supervisors Chairman Jeff McKay and Inova Health Systems CEO Dr. J. Stephen Jones joined together March 9 to give a preview of the Inova Stonebridge Vaccination Center, which houses 64 vaccination stations in the 50,000-square-foot space on Eisenhower Ave.

"This is an opportunity to collaborate with local partners on a community and region-wide response to Covid-19," Jones said. "We will be open by the end of the month and able to administer 6,000 doses a day immediately with the ability to double that depending on the vaccines available."

The vacant interior of the Victory Center was redesigned to support vaccination stations, vaccination storage, sufficient ventilation and patient flow, and pharmacy space for vaccine preparations. The location at 5001 Eisenhower Ave. allows for easy access for Northern Virginia residents. There are more than 1,400 parking spaces.



The high-capacity vaccination site at the Victory Center in Alexandria will administer upwards of 6,000 doses per day.

"We are excited to have this high-capacity site and are grateful to Douglas Firstenberg and Stonebridge, who generously stepped up to the plate and agreed to partner with the City of Alexandria, with Inova and with Fairfax County to make this facility happen," Wilson said. "This is obviously not the ultimate vision we have for the future of this facility but appreciate the flexibility and herculean efforts of everyone involved in making this happen so quickly."

City of Alexandria has delivered at least one dose of Covid vaccine to more than 36,000 people; about 17 percent of Alexandria's population. More than 10,000 City residents have tested positive for Covid; 126 people have died. Register for the vaccine through the Virginia Department of Health at Vaccinate.Virginia.gov.

In Fairfax County, 68,932 people have tested positive as of March 10; 1,052 Fairfax County residents have died. Slightly more than 220,000 people in Fairfax County have received at least one dose of vaccine. Those living in Fairfax County can register at FairfaxCounty.gov/health or through the state registration system.

"In Fairfax County today, roughly half the

county is eligible to get vaccinated," McKay said. "That is over 500,000 people and right now we are getting 19,000 doses per week. That is up from 13,000 a few weeks ago but we have been told by the Virginia Department of Health to expect a major increase in doses in the weeks and months ahead. The importance of this center is knowing that we will have the infrastructure in place to take advantage of every single one of those doses."

Jones acknowledged the hesitation of some to get the vaccine, even as thousands of people scramble every day to try to get an appointment to be vaccinated.

"I know there is still some skepticism among some communities about the vaccines," Jones said. "Nothing is 100 percent, but these vaccines are too close to 100 percent to be ignored. Critically, every single one of the currently available vaccines have been proven in studies to be 100 percent effective against severe Covid-19 and 100 percent effective against Covid-19 fatality."

"I feel an overwhelming responsibility to do whatever it takes to get as many people in our community vaccinated as soon as possible."

— Dr. J. Stephen Jones, Inova Health Systems CEO

Jones continued, "There are still almost 2,000 Americans dying every single day of this terrible disease. I consider the risk of the vaccine tiny compared to the risk posed by COVID-19. This is the most compelling risk-benefit analysis that has happened in almost 40 years in medicine."

The state recently expanded the 1B eligibility group to include food service workers. Strict PPE requirements, social distancing and cleaning and sterilizing practices will

be observed at the vaccination center, which will be staffed by 64 vaccinators, 30 pharmacists and 20 administrators.

"I feel an overwhelming responsibility to do whatever it takes to get as many people in our community vaccinated as soon as possible," Jones said. "I feel very strongly that these vaccines are safe, effective and necessary and that everyone who is eligible should get the vaccine as quickly as possible if not for yourself but for your family, your friends and for your community."

Added McKay, "Continue to practice social distancing, continue to wear your mask, continue to follow CDC guidelines and make the necessary act of charity to get yourself vaccinated when it is your turn."

In Alexandria:

Vaccine supplies are limited, but you qualify right now if you:

- ❖ Are 65+ years old
- ❖ Have existing medical conditions
- ❖ Work in one of these jobs:

Healthcare; Police, Fire and Hazmat; Corrections and homeless shelter workers; Child-care and K-12 teachers and staff; Agriculture; Manufacturing; Grocery store workers; Public transit workers; Mail carriers (USPS

and private); Officials needed to keep government working; Cleaning/Janitorial staff; Faith Leaders.

Register for the vaccine through the Virginia Department of Health at Vaccinate.Virginia.gov.

In Fairfax County

Vaccine Update: The county finished sending first dose invitations for people who reg-

SEE VICTORY CENTER, ON PAGE 4

McEneaney Associates has always had one motto in mind... not to be the biggest, but the best. For more than 40 years, our Associates have lived in and supported Alexandria, helping to build our town into the thriving community it is today. To learn more about our Associates and our firm, visit www.WeAreAlexandria.com

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Starting from a Clean Slate

Governor considers compromise on expungement that has automatic expungement for some misdemeanors and petition-based sealing of the record on some felonies.

BY MICHAEL LEE POPE
GAZETTE PACKET

Marijuana convictions will be automatically expunged under a bill now under consideration by Gov. Ralph Northam, although convictions for crack cocaine will require missing a day of work and probably hiring a lawyer to go to court and seal the record. The legislation is a compromise crafted late in the General Assembly session by House Majority Leader Charniele Herring of Alexandria and state Sen. Scott Surovell (D-36), who clashed repeatedly over the last year about how the process should work.

“This bill combines both bills to come up with a process for a clean slate for Virginians,” said Herring. “There is some record retention, but still the records will be destroyed after a time.”

House Democrats were pushing for an automatic model of expungement, allowing people to get rid of old drug convictions without having to hire a lawyer and miss a day of work. But Senate Democrats were advocating for a petition-based model, which would allow a judge to review the individual circumstances of each individual case before making a determination. The governor began the session by calling on the two sides to find a compromise during his State of the Commonwealth Address, although he pointedly declined to publicly take a side in the debate.

“It’s time to act during this session to have the robust debate about how to best conduct the process of expunging people’s records,” said Northam in his State of the Commonwealth address. “This will make our system more just and equal. And it needs action this session.”

Ultimately Herring and Surovell worked together on a mashup of the two bills, taking parts from each version to craft a compromise version for the governor to consider. The version of the bill now on the governor’s desk includes automatic expungement process for nine misdemeanor convictions, including fake ID, disorderly conduct and marijuana possession. It would require a petition to a court to seal the record for more serious charges, like possession of crack cocaine or resisting arrest.

“You have to go in front of a judge and a commonwealth’s attorney,” said Surovell. “And you have to show you’ve led a good life and you’ve changed and if you were addicted to drugs you’re not addicted any more and if



PHOTO BY MICHAEL LEE POPE/GAZETTE PACKET

After more than a year of intense debate, House Democrats and Senate Democrats have crafted a compromise on expungement, which will have an automatic process for some misdemeanors and a petition-based model for some felonies.



Del. Charniele Herring

“This bill combines both bills to come up with a process for a clean slate for Virginians.”

you’re an alcoholic you’ve gotten counseling and you’re through all that.”

CURRENTLY VIRGINIA has almost no way for people to seal records of old convictions, leading to problems for people who want to get a job or find a place to live. Democrats tried and failed to find a compromise on this issue last year during the General Assembly session and then again during a special session. So the compromise version of the bill now on the governor’s desk is a major step forward for

“You have to go in front of a judge and a commonwealth’s attorney and you have to show you’ve led a good life and you’ve changed.”



Sen. Scott Surovell

a criminal-justice reform effort that would allow an estimated 1.6 million Virginians to start over with a clean slate.

“These reforms, if enacted, would transform lives and strengthen families, communities and the economy,” said Phil Hernandez, senior policy fellow at the Commonwealth Institute for Fiscal Analysis. “This legislation also represents an important step to address racial injustice and unequal outcomes that permeate our criminal justice system.”

One of the major topics of disagreement was how to handle drug convictions. Lawmakers were mostly in agreement about automatically expunging marijuana convictions. But the discussions were more difficult around other drug crimes, which are all felonies. Because convictions for possession of cocaine, heroin or LSD are felony crimes, they would require petition-based sealing

under the compromise bill now under consideration by the governor. Some prosecutors say Virginia should end the war on drugs, especially now that marijuana has been decriminalized and is about to become entirely legal. “I don’t think possession of drugs should be a felony. I think it should be a Class One misdemeanor,” said Alexandria Commonwealth’s Attorney Bryan Porter. “If we could amend that down to a misdemeanor, it’s still a crime but it’s a much less serious one. Then that problem wouldn’t exist.”

THE DETAILS of the legislation include a delayed enactment, giving lawmakers until October of 2025 to tweak bits and pieces of the process so that it will work in courthouses across Virginia.

Misdemeanors offenses that are eligible would go away after seven years, and people would be able to petition to seal the record on felony offenses after 10 years.

The legislation also creates new penalties for third-party vendors, essentially private businesses that buy and sell old criminal records to people doing background checks or opposition research.

“That’s an important component of reform here,” said Andrew Elders, policy director for Justice Forward Virginia. “That was a big problem for a long time.”

“These reforms, if enacted, would transform lives and strengthen families, communities and the economy.”

— Phil Hernandez, senior policy fellow at the Commonwealth Institute for Fiscal Analysis

Victory Center Transformed for Vaccines

FROM PAGE 1

istered on Jan. 18, and we are now on to Jan. 19. The data dashboard has been updated.

J&J approved: Johnson & Johnson COVID-19 vaccine is now authorized in U.S. and is extremely effective at preventing hospitalization and death.

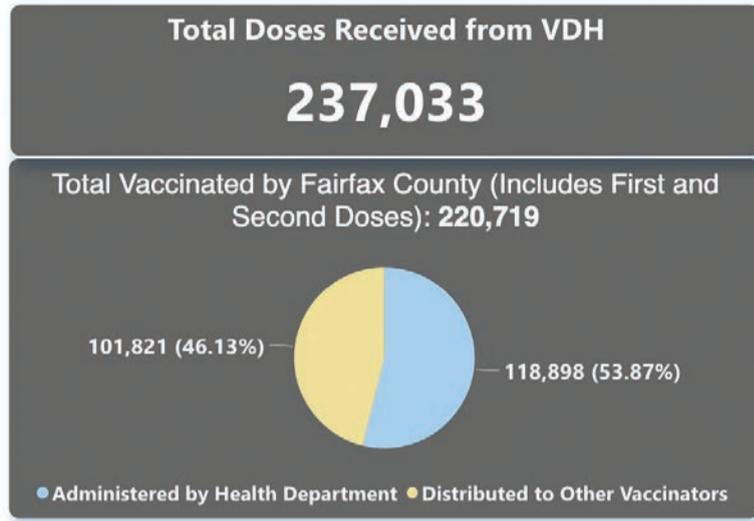
This means more supply and more options to help protect the community. Residents are encouraged to get whatever vaccine is available to them first.

Covid-19 vaccines are free.

Transportation Options: Fairfax has new transportation options for older adults, people on limited incomes, people with disabilities to get COVID-19 vaccine appointments.

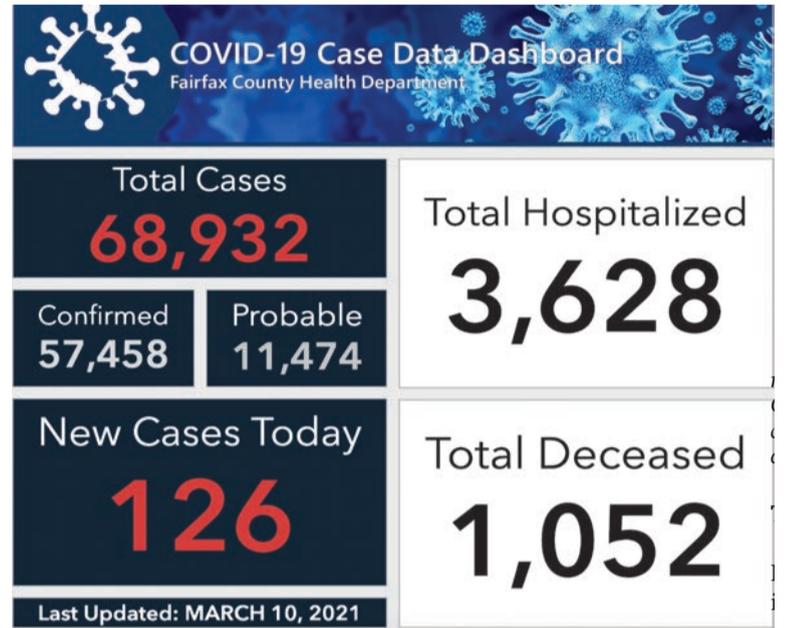
The county continues to experience a high call volume to the call center.

Please continue to: wear a mask over your nose and mouth, stay



One Year Later, Is the End in Sight?
220,000 Fairfax County residents have had at least one dose of Covid-19 vaccine.

at least 6 feet away from others, and stay home when sick.
avoid crowds and poorly ventilated spaces, wash your hands often, <https://www.fairfaxcounty.gov/health/novel-coronavirus>



One Year Later ...
There have been more than 68,000 Covid-19 cases in Fairfax County since the pandemic began a year ago. 1,052 Fairfax County residents have died as a result as of March 10.

CALENDAR

NOW THRU MARCH 24

Wednesday Morning Study Group. 10:30-11:30 a.m. Via zoom. Fairlington UMC 3900 King St., Alexandria. Join in a nine-week study of Laudato Si: Caring for Our Common Home, the groundbreaking encyclical letter by Pope Francis on climate issues and a Christian faith-based response. Visit the website: www.fairlingtonumc.org.

NOW THRU MARCH 24

Forty+ Fire Pit Party. Virtual and In-Person. Featuring: Choreographer Jane Franklin. Dates: Wednesday, weekly, Feb 24 - March 24; from 3 - 4 p.m. and Sunday, March 21; from 4 - 8 p.m. Forty+ Projects celebrate the collective creativity of people past the age of 40 resulting in unique collaboration. Projects explore movement and performance technique within a creative premise.

Forty+ will meet weekly on Zoom with occasional in-person, socially distanced outdoor rehearsals at the film locations. The Fire Pit Party is an on-site filmed project in the Alcova Heights neighborhood of Arlington County. Dances will travel through the neighborhood, from one fire pit to the next, and involve participants of all ages. Tuition: \$100. Visit <https://www.janefranklin.com/adult-dance/forty-plus> or call 703-933-1111.

NOW THRU MARCH 29

"Storytelling in the Garden." 9-9:45 a.m. At Green Spring Gardens, 4603 Green Spring Road, Alexandria. Bring a blanket or just settle in the grass and sit back with the family to hear the park's storytellers read a tale with a different theme at each meeting. Afterward, take some time to explore the park's gardens, ponds and historic house.

The storytelling program is offered every other week in March, on March 1, 15 and 29, 2021. It's designed for family members age 2 to adult. Cost is \$5 per person for each session. Parents and children must register to track registration numbers. Call 703-642-5173.

MARCH 5-27

In the "Give Me Shelter" art exhibit, local artists explore the meaning of the word "shelter" as a noun and verb. We all have learned what it means to shelter in place. The current crisis has nearly 40 million Americans at risk of homelessness. Seeking donations during this exhibit to benefit the Carpenter's Shelter. View exhibit at Del Ray Artisans Gallery, 2704 Mount Vernon Avenue, Alexandria VA. Details: www.DelRayArtisans.org/exhibits

FRIDAY/MARCH 12

Garden Talk: Designing an EcoSavvy Garden. 1:30-2:30pm. (Adults) Learn to work with nature's resources to develop a beautiful, low-maintenance urban garden. With a little bit of knowledge, careful planning, and some effort, see how native trees/shrubs provide structure and year-round interest, along with colorful annuals and perennials that add seasonal color splashes. Extension Master Gardeners show you how to create a healthy, sustainable, and eco-savvy garden. \$12 per person. Register online at www.fairfaxcounty.gov/parks/parktakes (B6X.3T3H) or call Green Spring Gardens at 703-642-5173.

SATURDAY/ MARCH 13

Floral Design Workshop: Swing into Spring. 1-2:30pm. (Adults) Learn how to create a modern Hogarth curve floral design—a gentle curving design that leads your eye through the floral composition. Certified floral designer Betty Ann Galway will show you how to make these graceful shapes for your spring floral project. Tables will be separated for social distancing and masks are required. \$39 per person (plus \$30 supply fee). This workshop is also available as a virtual demo. Register online at www.fairfaxcounty.gov/parks/parktakes (98H.S6QT) or call Green Spring Gardens at 703-642-5173.

SATURDAY/MARCH 13

Virtual Floral Design Demo: Swing into Spring. 1-2:30pm. (Adults) Learn how to create a modern Hogarth curve floral design—a gentle curving design that leads your eye through the floral composition. Certified floral designer Betty Ann Galway will show you how to

make these graceful shapes for your spring floral project. \$22 per person. Virtual participants will receive a link to connect via Zoom and a supply list prior to the program. This workshop is also available in person. Register online at www.fairfaxcounty.gov/parks/parktakes (8GI.NP9M) or call Green Spring Gardens at 703-642-5173.

MARCH 13-14

Mini Photo Sessions. 9:30-6 p.m. At The Rectory on Princess Street, 711 Princess Street, Alexandria. Private 30-minute photo sessions at The Rectory on Princess Street with four local photographers, to capture your Springtime moments with a gorgeous tulip magnolia tree. Cost is \$200. Visit the website: <https://www.eventbrite.com/e/march-magnolia-mini-photo-sessions-at-the-rectory-on-princess-street-tickets-140086808415>

MARCH 14-APRIL 3

Upcoming Exhibition: 11th Annual March150: Special Exhibition and Art Sale. March150 is Target Gallery's biggest event of the year. This annual special exhibition and art sale returns with all proceeds supporting new exhibitions and programs at Target Gallery and Torpedo Factory Art Center. More than 100 artists created work on 10" x 10" panels. All artwork is priced at \$150. It's one of the best ways to support your local creative community as well as grow your collection of local art. Public sales begin Sunday, March 14, at 10 a.m. with a preview day on Friday, March 12. Visit Target Gallery in person, with a maximum of 10 people in the space at any time. The forthcoming catalogue will be posted to the website and Target Gallery's Facebook page. Remote sales can also be made by phone at 703-746-4590 or email via targetgallery@alexandriava.gov.

MOVIES ARE BACK

Arlington Cinema & Drafthouse Movies are Back. Lord of the Rings Festival, Women's Adventure Film Tour, Bridesmaid's Brunch, 50 Shades Wine Night. All events are at a 30% capacity and tables are socially distanced. March 17th - St. Patrick's Day;

March 13th - Bridesmaid's Brunch; March 24th - Wednesday Wine Night; Location: Arlington Cinema & Drafthouse, 2903 Columbia Pike, Arlington VA 22204 Website: <http://ArlingtonDrafthouse.com>

THURSDAY/MARCH 18

Braddock's Tars: Common Sailors and the Braddock Expedition. 7 p.m. At Carlyle House via Zoom. A little known party of 33 Royal Navy sailors marched with Braddock's army in the 1755 expedition to attack Fort Duquesne that ended in disastrous failure on the banks of the Monongahela. In Braddock's Tars: Common Sailors and the Braddock Expedition, Kyle Dalton will use their story as a lens to look at the larger picture of common sailors in the British Atlantic World and tell us what we can learn from ordinary people in extraordinary situations.

FRIDAY/MARCH 19

La Sacre du Printemps by Bowen McCauley Dance Company. 6 p.m. The Rite of Spring. A free Virtual Screening of The March 2012 Kennedy Center World Premiere. Choreographed by Lucy Bowen McCauley. Live Artist Discussion at 5:30 p.m. with Lucy along with Present and Past Principal Dancers Alicia Curtis, Dustin Kimball, and Alvaro Palau. Email: dance@bmdc.org to RSVP.

SATURDAY/MARCH 20

Basic Pruning Techniques for Shrubs. 10 a.m.-12 p.m. (Adults) Learn to prune like a pro with this walk and talk led by pruning instructor Peter Deahl. Discover which shrubs and evergreens need pruning in late winter and learn techniques for keeping your plants healthy and beautiful. Bring gloves and disinfected pruners. \$23 per person. Register online at www.fairfaxcounty.gov/parks/parktakes (424.U5WX) or call Green Spring Gardens at 703-642-5173.

SATURDAY/MARCH 20

Spring Equinox Celebration. 11 a.m., noon SEE CALENDAR, PAGE 14

COUNTY ROUNDUPS

Honoring Women on Front Lines of Pandemic

The Fairfax County Commission For Women celebrates Women's History Month 2021. This year, the Commission is holding a Facebook Live Forum on March 15, 2021 at 7 p.m., "Honoring Women Warriors on the Front Lines of the Pandemic" for their leadership, courage and commitment to service during this Coronavirus pandemic. Join the Fairfax County Commission For Women in honoring the highest ranking women in the county's health, police and fire departments. You may submit questions

to the panelists in Facebook Live comments section before or during the Forum. Check the website for more information soon: <https://www.fairfaxcounty.gov/familyservices/boards-authorities-commissions/commission-for-women>.

For those interested in learning more about the Fairfax County Commission For Women and Women's History Month Forum, you can also check Twitter@fairfaxcfw and Facebook and Instagram as @commissionforwomen.

BULLETIN BOARD

Submit civic/community announcements at ConnectionNewspapers.com/Calendar. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

TUESDAY/MARCH 16

Mount Vernon Genealogical Meeting. 1-3 p.m. Via Zoom. The internet has changed the way we do genealogy. Does this make books, CDs and microfiche, obsolete? Join the MV Genealogical Society's March meeting and let Chuck Mason, Jr., host of Channel 10's Tracing Your Family Roots, walk you through the benefits of using all of these sources. Nonmembers are welcome to one event each year free of charge. Register by March 12 by emailing contact-us@mvgenealogy.org.

THURSDAY/MARCH 18

National Museum U.S. Army Virtual Book Talk. 7 p.m. Bring Museum programming to you with Virtual Book Talks. Author Katherine Sharp Landdeck will discuss her book, *The Women with Silver Wings: The Inspiring True Story of the Women Airforce Service Pilots of World War II*. Register at the website: <https://tickets.thenmusa.org/Info.aspx?EventID=12>

TUESDAY/APRIL 20

Arriving in America. 1-3 p.m. Via Zoom. The Mount Vernon Genealogical Society presents Genealogist Sharon Hodges discussing *Arriving in America in the Early 19th Century*. Nonmembers are welcome to attend one event each

year free of charge. Register no later than April 12 at <https://mvgenealogy.org/cpage.php?pt=111>. Visit www.mvgenealogy.org and link to the Events Page for more information on this and other upcoming events.

FARMERS MARKET VENDORS STILL DELIVERING

The McCutcheon/Mt. Vernon Farmers Market won't reopen until April 21, but in the meantime some of the market's vendors are taking orders online and delivering them to the Sherwood Hall Library parking lot on Wednesdays. Note that you must order in advance and that not all the vendors deliver every week. The vendors making

SEE BULLETIN, PAGE 10

Models Now Open

We are here for you and your loved ones. Visit Sunrise of Old Town for a one-on-one tour of our brand new models. You'll get a sneak peek of our community's amenities, activities, and dining program. We look forward to sharing our personalized approach to assisted living and memory care, coming to Alexandria in the spring of 2021.

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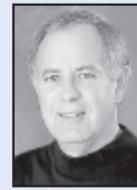
SunriseOldTown.com/Vernon



OLD TOWN

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All our team members are following COVID-19 infection control protocols, including wearing a mask. Number of visitors allowed inside is limited, to maintain appropriate social distancing.



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Alex/Riverside Estates Mid \$700s
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refrigerator, quartz counters and tiled backslash. Nicely updated bathrooms. Two fireplaces, both with new liners. New windows, new roof, new perimeter french drain, new 200 amp electrical panel. Refinished hardwood floors. This popular model also has a family room on the main level (in addition to the kitchen, dining and living rooms). Workshop room off of garage. Attractive shed. The work has been done for you - just move in and enjoy this beautiful home and its wonderful location.



Alex/ Riverside Estates \$736,000
8503 Cherry Valley

Riverside Estates' largest split foyer model (Concord) w/2 car garage & lots of updates, i.e., roof 2001, HVAC 2012, baths 2010, furnace 2001, updated double pane windows 2019. Kitchen was opened to the dining & living rooms & is absolutely stunning: granite & quartz counters, large island w/ seating capacity & beautiful hdwd floors. Oversized MBR & MBA share a lovely gas FPL to add charm to the master suite. A large lower level offers a family rm which also has a gas FPL, a 4th BR & 3rd full bath. Plenty of storage behind the 2-car garage. Large lovely fenced bkyd, perfect for entertaining. 5-minute drive to Ft. Belvoir (S), 15 minutes to Alexandria, (N), 25 mins to National Airport (N) and 33 mins to the Pentagon (N).



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What is 'Fair'? Equity costs - and paying that price will not be fair, but it will be just.

BY RICSHAWN ADKINS ROANE

About the Author

Ricshawn Adkins Roane is an African-American daughter, sister, wife, and mother living in Great Falls. Roane works at the intersection of philanthropy, policy, and advocacy for economic, racial, and gender justice. She writes, tells stories, and leads philanthropic grantmaking at a national education-focused foundation based in Northern Virginia.

If Black people had a dollar for every individual, organization, and company that publicly professed a commitment to antiracism and racial equity while holding up progress in the name of "fairness," we could have closed the racial wealth gap ten times over. These performative professions have been decried as "feel-good gestures that cost nothing and shift no power."

When people talk about fairness in this context, they usually are not motivated by a desire to ensure groups have equal resources, but by an immoral mandate to prevent certain groups from getting resources

they don't "deserve." It's particularly shocking when people of faith champion fairness in this way since grace - unmerited and unearned favor - is a foundational principle of many spiritual traditions.

Since before inception, our nation has preached a false moral narrative of fairness while enshrining discrimination in our founding documents and utilizing the forced removal and genocide of Indigenous peoples and the forced enslavement and brutalization of African peoples as building blocks. Fairness is what folks cry when they want to profess racial justice but not practice it, when they want to perform equity and not pay for it.

We need to get over this collective preoccupation with fairness which, at best, is a national myth, and at worst, prompts calls for inaction or gradualism when swift and unprecedented action is needed.

The policies and practices that got us to 140 million poor and low-wealth people (including 3.5 million right here in the Commonwealth), unequal education,

health, and socioeconomic outcomes for Black, Indigenous, and LatinX folks, and disproportionate impacts of covid-19 on communities of color weren't "fair," and the remedies that fix these inequalities won't be either. Justice may not be fair, it is right.

Virginia's gubernatorial candidates and state legislators will offer up a number of policies over the coming weeks and months, some of which will be designed to address these systemic inequities. The next time you feel compelled to ask if a proposal is fair, ask yourself whether the policies that led to the need for the proposal were fair. Need some practice?

Q: Is it fair to make the admission process for Thomas Jefferson High School for Science and Technology more equitable?

A: Was it fair for "hard working, deserving children" to be deprived of a spot at TJ because their parents were unable to pay for expensive test preparation or a \$100 application fee? Was it fair that some middle schools appeared to be feeders to TJ and others never

had students admitted?

Q: Is it fair to cancel federal student loan debt and reduce the racial-wealth gap?

A: Was it fair for African Americans to be excluded from traditional means of wealth accumulation that enable white borrowers to take out fewer loans at lower dollar amounts? Is it fair for African Americans to be hindered in repaying these student loans by labor market racial discrimination?

Q: Is a Marshall Plan for Moms fair?

A: Was it fair that this country built free labor into its economic model from the beginning and has never valued caregiving for the essential work that it is? Is it fair that the pandemic has disproportionately impacted women?

Q: Is it fair for "Black Women Best" to be the guidepost of our national economic reset?

A: Was it fair that for far too long, Black women have been the least, the last, and the lowest?

Equity costs - and paying that price will not be fair, but it will be just.

Brain Injury Awareness: A Personal Story

BY KATY SCHNITGER

In 2007, my kids and I were at a fireworks show in Vienna that was so grand we were in awe of each burst. But then there was a misfire and a three-inch mortar shot through the crowd and exploded on us.

The force of the explosion turned buttons from my shorts into projectiles that were surgically removed from my left thigh.

I spent 12 days in the burn unit at Washington Hospital Center. I was released from the hospital to recover at home with a nurse. I cried a lot and didn't want to get out of bed, but my kids needed me.

I focused on taking care of my family. It soon became apparent that my own mental health and cognitive capabilities were suffering. I struggled to do things I used



Katy Schnitger

to do so easily as a stay at home mom. I could not manage our family's schedule, grocery shopping was impossible, and I could no longer do simple math. I was diagnosed with depression, but I knew I was struggling with more.

In December 2008, I met Dr. Gregory J. O'Shanick, President & Medical Director at the Center for Neurorehabilitation Services, PC in Richmond. After a 3-hour evaluation, he recognized that I had a blast Traumatic Brain Injury (TBI). My feelings were validated that my symptoms were beyond depression. But what did having a TBI mean going forward?

I met with Dr. O'Shanick's team for physical and occupational therapy. I also discovered Brain Injury Services (BIS), a nonprofit based in Northern Virginia that serves

March is Brain Injury Awareness month.

adults and children with traumatic brain injuries. Brain Injury Services empowered me to feel whole again. I joined a monthly support group and did not feel so alone. I began public speaking with their Speakers Bureau. That gave me purpose, confidence and independence that opened the door to employment.

March is Brain Injury Awareness Month. I share my story to help others who have experienced trauma to the brain to help them and their caregivers recognize some of the signs of a TBI. According to Dr. O'Shanick, common indications of a TBI are loss of balance, inability to track with the eyes, sensitivity

to sound, and difficulty with executive functions. All of these challenges can lead to frustration, anxiety, and isolation. But know you are not alone. There is a community at Brain Injury Services who see you and support your transition to live your best life.

Katy Schnitger is the Office Manager and Outreach Specialist at Brain Injury Services. Katy has been involved with BIS since 2010 as a client and as a volunteer with the Speaker's Bureau. She has been employed at Brain Injury Services since 2015. She has lived in Vienna, Virginia for over fifteen years.

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LETTER TO THE EDITOR

How Sad

Letter to the Editor:

How sad that River Farm could possibly be taken over by developers, without any concern for the impact it would have on our beloved community. Over the years

River Farm has provided numerous joyous and memorable experiences for many of us! The children's garden, catching minnows in the ponds, weddings, picnics on the beautiful grounds, enjoying the beautiful flowers and art exhibits! The thought of developers build-

ing multi-million dollar homes on property once owned by George Washington is so SAD!

Is greed is taking over our community?

Mary M. Byvik
Waynewood

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A butterfly garden at Alexandria's Duncan Library.



A tiger swallowtail butterfly in an Alexandria native plant garden.

Go Green, Go Native

BY GLENDA C. BOOTH
MOUNT VERNON GAZETTE

The manicured lawn may be an iconic symbol of the American suburbs, but lawns have ecological downsides, and there are alternatives, Tami Sheffer told members of the Friends of Mason Neck at a March 7 Zoom meeting titled “Mow Less, Grow More.” Sheffer is the coordinator of the Fairfax County Park Authority’s “Watch the Green Grow” program.

“Americans love their lawns,” she said, but traditional turf provides little support for wildlife, and pesticides and fertilizers often used on lawns can wash down storm drains and pollute streams.

She urged attendees to “mow high,” keep grass between 3.5 to 4 inches tall. Typical turf grass has short roots and leaving grass at that height can encourage longer root growth which helps with drought tolerance. She also advised mowing every other week instead of weekly, especially in the spring, to help insects like bees. She encouraged “grasscycling,” leaving clippings in the lawn where they decompose quickly and return nutrients to the soil.

It’s true that some lawn may be needed, for example, for children’s play or high foot-traffic areas, but Sheffer cautioned that grass won’t grow in some areas like shade, even with fertilizers and weed killers.

Using traditional gas-powered lawn mowers creates carbon emissions that contribute to global warming. “A gasoline-powered lawn mower pollutes as much in one hour as an automobile driven 20 miles,” according to a county brochure.

In a brief report, Mason Neck Education Specialist Elizabeth Sieglinger said that six Virginia state parks have reduced regularly mowed areas by 63 percent since 2017 and saved \$7,000 a year.

Nature’s Interconnections

Native plants, once established, can mean no mowing, low maintenance and health-



The Audubon at Home Program encourages people to plant native plants and offers “ambassadors” who give free consultations.

er habitats, Sheffer said. Native plants are naturally-occurring plants that have evolved in a specific area, have adapted to local soil and climate conditions, do not need fertilizer and generally do not need water except during droughts. Most are perennials. Many wildlife species depend on the plants with which they co-evolved. “Plants and animals evolve together to create unique natural communities, weaving a complex web of interrelationships,” according to Virginia’s Department of Conservation and Recreation.

Many native plants provide nectar, pollen and seeds which are food for native birds, butterflies, bees and other wildlife. As an example, Sheffer said that monarch butterfly caterpillars feed only on milkweed, their host plant. An oak tree is a “super plant,” she explained because oaks can support over 500 species butterfly and moth caterpillars.

Most invasive or non-native plants, introduced from other parts of the world, can

Mow less, mow high,
grow more, choose nature.

PHOTOS BY GLENDA BOOTH



Joe Pye weed, a native plant that supports many insects.

spread and crowd out native plants. Sheffer urged removing invasives like English ivy, bamboo and stiltgrass. English ivy can ultimately kill trees by blocking the sunlight they need. Stiltgrass, likely brought to the United States from Japan as packing material, can grow in shade and sun, carpet the ground and take over. She urged everyone to dispose of invasives by putting them in plastic bags and in the regular trash. A new county policy requires other yard waste to be put in paper bags because the county composts it and most plastic does not readily biodegrade.

Urging people to compost at home, she said, “Dumping yard waste in the forest is not composting. It can smother native plants and spread invasives.” The Northern Virginia Soil and Water Conservation District sells compost tumbler kits.

Less lawn and more natives, that was the message.

More information

- Friends of Mason Neck State Park, <https://friendsofmasonneckstateparkinc.wildapricot.org/join>
- Watch the Green Grow, <https://www.fairfaxcounty.gov/parks/nature-history/watch-green-grow>
- Plant NOVA Natives, <https://www.plantnovanatives.org/>
- Audubon at Home “Ambassadors,” <https://www.audubonva.org/wildlife-sanctuary-program>
- Northern Virginia Soil and Water Conservation District, <https://www.fairfaxcounty.gov/soil-water-conservation/>

Entomologist Douglas Tallamy created the Homegrown National Park initiative to encourage replanting gardens with native plants to restore biodiversity and ecosystem function. He argues that national parks and forests alone will not sustain healthy ecosystems, that small efforts by many people can make a difference. Visit www.homegrownnationalpark.com.

NEWS

Planning Commission Recommends Denial of Flag Limitations

BY MERCIA HOBSON
THE CONNECTION

The Fairfax County Planning Commission voted 11-0 to recommend denial to the Fairfax County Board of Supervisors to replace the current zoning ordinance establishing specific regulations for flags and flagpoles in the New and Modernized Zoning Ordinance (zMOD Updates) countywide. Mason District Commissioner Julie M. Strandlie was absent from the March 3 vote. The proposed regulations would include different standards appropriate to lots with single-family dwellings or manufactured homes and lots developed for multi-family or non-residential.

Commissioner Timothy Sargeant, Member-at-Large, introduced the motion regarding flags and flagpoles. He said the proposed regulations were intended to establish "reasonable limits" on the size and number of flags and flagpoles' height. Sargeant recognized that the United States Supreme Court ruling of Reed versus Town of Gilbert, Arizona prevented regulation based on content and prohibited exempting the United States flag while regulating other types of flags.

Sargeant said, "There has been an exceptional number of public comments with concerns about this amendment, suggesting that at the least additional time is needed for consideration." The current zoning regulation on flags and flagpoles is a maximum of three per lot. Sargeant recommended retaining the limit and not the adoption of additional limitations as recommended by Fairfax County staff.

Libraries To Reopen For Some Services

Fairfax County Public Library will reopen for interior Express Services on Monday, March 22. Customers will be able to visit library branches for up to 30 minutes, on Monday and Tuesday 10 a.m. to 8 p.m. and Wednesday through Saturday 10 a.m. to 6 p.m. Learn more about Express Services.

Curbside pickup of materials on hold will remain available to customers Monday through Saturday 10 a.m. to 4 p.m.

Capacity limits will be in place: up to 30 members of the public at a time may be in community branches and up to 60 may be in regional branches.

Library programming will remain virtual and meeting rooms will remain closed at this time.

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The proposal limited flagpole height to 25 feet on single-family lots and 60 feet on all other lots. It limited single-family lots to no more than two flags.

"I felt it was a solution looking for a problem," Commissioner John Ulfelder, Dranesville District, said. "I suspect, based on a lot of comments we've received, a lot of other people perceived it in the same way...If it ain't broken, don't fix it. I will heartily recommend denial for this proposal."

Opponents of the measure came together in recent weeks to voice their concerns. The Fairfax County GOP organized a petition to the Fairfax County Planning Commission and Board of Supervisors on Change.org to tell Fairfax County, no. "The American flag should never be restricted," said Katherine Morgan of Fairfax, according to Change.org.

The Great Falls Citizens Association (GFCA) board expressed concerns about the regulations. In a Feb. 18 letter to Fairfax Planning Commission Chairman Peter Murphy, GFCA President Bill Canis wrote that the GFCA Board believed that the measure was overly restrictive in its scope.

Supervisor Pat Herry (R-Springfield District) said in The Herry Report, his weekly newsletter, "I will strongly oppose it if it comes before the Board of Supervisors."

The March 3, 2021 Planning Commission Video with Linked Agenda can be found on the County website.

Changes to regulations on flags and flagpoles will be considered part of the public hearing for zMOD before the Board of Supervisors on March 9, 2021.

Ask Your Library via the website and text messaging will continue to be available 10 a.m. to 5:45 p.m. Monday through Friday.

Please do not visit a branch if you have COVID-19 symptoms, have been exposed to someone who tested positive or are awaiting COVID-19 test results.

We will continue to offer robust virtual programming for all ages, which can be found on our YouTube channel and Facebook page. Learn about the top 10 ways to access FCPL resources at home. <https://research.fairfaxcounty.gov/unlimited/at-home> Please find more pandemic-related information on the county's COVID-19 webpage or the emergency blog.

Learn more about curbside service at the libraries.

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'Better Than I Deserve' Roy Gravatte dies at 84.

BY JEANNE THEISMANN
GAZETTE PACKET

For most people, the cursory greeting "How are you?" elicits a cursory "Fine, and you?" But for Roy Gravatte, it was a chance to show his gratitude in life with his signature response to anyone who asked, "Better than I deserve."

Gravatte, who divided his time between Northern Virginia and Bethany Beach, Del., died Feb. 15 at his Bethany Beach home. He was 84.

Leroy Trice Gravatte III was born July 23, 1936, in Washington D.C. He grew up in Alexandria and attended George Washington High School, where he rowed for the G.W. national championship crew team. From an early age, he spent summers in Bethany Beach at his family's vacation home and was a lifeguard for the Bethany Beach Patrol.

After graduating in 1960 from Virginia Tech with a degree in civil engineering, Gravatte served for a time in the U.S. Naval Reserve, then worked at the GSA until creating his own engineering firm,



Leroy "Roy" Gravatte at the Addy Sea in Bethany Beach, Del. Gravatte purchased the historic bed and breakfast in 1974.

Professional Engineers. Later in his career, his engineering focus shifted to expert witness work in the elevator and escalator industry until his retirement. He was also a licensed real estate broker, where he invested in real estate in the D.C. and Bethany Beach areas.

In 1974, Gravatte purchased the Addy Sea, a historic ocean-front bed-and-breakfast in Bethany Beach, from the Addy family,

founding members of Bethany since 1901. The Addy Sea became his passion and a symbol of the Gravatte family legacy in Bethany Beach. Through his vision and restoration, it became a premier destination on the Delaware coast and is still operated by his family today.

While in college, Gravatte married his high school sweetheart, Gail Fitzpatrick, and together they raised three children in their family



PHOTOS CONTRIBUTED

Leroy "Roy" Gravatte III died Feb. 15 at the age of 84.

home in Springfield, Va. Gravatte was an enthusiastic Virginia Tech Hokie, endlessly flying his Hokie flag and dressing in Hokie apparel. He was a Virginia Tech football season passholder until 2019.

Gravatte was an active and dedicated Rotarian, joining the Alexandria Rotary Club in 1996. He volunteered as Santa on King Street each Christmas and in Delaware hosted the annual Christmas breakfast of the Rotary Club of Southern Sussex at the Addy Sea. Gravatte was a member of the Masons, as was his father, and was elected to the Bethany Beach Town

Council.

In addition to spending time at the beach, Gravatte enjoyed socializing with friends, an annual birthday party, rounds of golf, dips in the ocean and spending winter months in Florida with his girlfriend of 24 years, Sue Coolsey. A devout Christian, he attended Ocean View Church of Christ, the Beach Fellowship in Bethany Beach and the McGregor Baptist Church in Ft. Myers, Fla.

Gravatte was preceded in death by his parents, Frances Miller Gravatte and Leroy Trice Gravatte II; and his sister Martha Lu Gravatte. He is survived by his brother, Charles and his wife, Frances; his children and their spouses, Trice and Laurel Gravatte, Gini and Neal Bepko, and Jeff and Sherene Gravatte; his grandchildren, Jessica (and Ian Loch), Tyler, Meredith, Adam (and Allison), Laura, Addy, Jamie and Sarah; and his two great-grandchildren, Rowan and Carter Loch.

A graveside service for Gravatte was held in Alexandria. In lieu of flowers, memorial donations may be made to Rotary International or to the Ocean View Church of Christ.

BULLETIN BOARD

FROM PAGE 5

deliveries are:

Arnest Seafood – crab cakes, scallops, shrimp, rockfish, oysters and more;

Honey Brook Farms - meats and vegetables raised with no chemicals, gluten-free baked goods;

Misty Meadow Farm Creamery - milk, ice cream, cheese, eggs and meats;

Twin Springs Orchard - fruits, vegetables, cheese and more;

Valentine's Bakery & Meats - meats and baked goods.

The Fairfax County Park Authority, which operates the Mt. Vernon Farmers Market, has no connection to the deliveries. The market, with a full array of vendors, will resume on April 21 and take place every Wednesday from 8 a.m. to noon at the Sherwood Hall Regional Library through December 22.

REGISTER FOR WINTER RECREATION

Registration for winter classes and activities offered by the City of Alexandria's Department of Recreation, Parks and Cultural Activities is still available. Winter registration applies to programs taking place March 2021. Spring registration began on Wednesday, March 3, for City residents and on March 5, for nonresidents. Get ready for

a flurry of fun this winter with a variety of in-person options for all ages, plus new virtual programs. View a complete list of winter programs online. Due to potential schedule and capacity adjustments from COVID-19, a printed or online program guide will not be produced for the winter program season. Sports leagues and programs are also being offered by affiliate programs. Please visit Alexandria Soccer Association at alexandria-soccer.org; Alexandria Little League at alexandriabaseball.com; Alexandria Lacrosse Club at alexandrialacrosse.com; Alexandria Rugby club at alexandriarugby.com and Alexandria Football at alexandriatitansfootball.com. Visit alexandriava.gov/Recreation to register online or learn more about winter recreation programs offered by the City. For in-person registration, call the Registration and Reservation Office at 703-746-5414 to schedule an appointment.

COVID UPDATES

Quick Facts for Older Adults about COVID-19 Vaccine Appointments

Vaccine eligibility is occurring in phases per the CDC and Virginia Department of Health. More information about vaccine rollout in

SEE BULLETIN, PAGE 13

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NEWS

Hear About the Economic Outlook with Mount Vernon Lee Chamber

With the Presidential election behind us and the Covid-19 vaccine being distributed, what is the outlook for the economy in 2021? What will happen with interest rates, housing, growth and job creation on a regional and local level? Join Economic Outlook 2021 for the most current information on these important topics plus a briefing on Fairfax County's new Economic Incentive Program.

Thursday, March 18, 8:30 to 10:00 am, Virtual Online Meeting

Early Bird price is \$10 for all attendees. After March 12th, price increases to \$15.

FEATURED SPEAKERS INCLUDE

Molly Boesel, Principal & Economist, CoreLogic
Barbara Byron, Director, Fairfax County Department of Planning and Development
Terry L. Clower, Ph.D., Director, Center for Regional Analysis, George Mason University
Elizabeth Hagg, Section Director of the Community Revitalization Section, DPD.

NEWS AND NOTES

Alexandria Police Department Investigates After Vehicle Was Briefly Stolen With A Child Inside

The Alexandria Police Department is conducting an investigation into a stolen auto and a firearm brandishing incident.

On March 8, 2021 around 8:20 p.m., officers responded to the 3900 block of Executive Avenue and learned an adult male and a child had been in a vehicle that was parked and running. The male then exited the vehicle to briefly run into the building, leaving the child in the backseat. When he returned, he saw a male suspect in the vehicle, driving away with the child still in the backseat. The suspect stopped the vehicle about a block away, jumped out and ran away. The victim chased the suspect for several blocks until the suspect brandished a firearm. The victim then returned to the scene of the incident. The suspect got away.

The child was found safe. There

SEE NEWS AND, PAGE 13

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White cabinetry and marble counter tops combine with large windows to create a light and airy kitchen by designer Tracy Morris.



A free-standing tub was part of a McLean home remodel by interior designer Tracy Morris.

McLean Family Home

Sunny, free-flowing home created by removing walls and adding windows.

BY MARILYN CAMPBELL
GAZETTE PACKET



Some of the walls in this McLean home were removed to create free flowing spaces.

After relocating to McLean from the West Coast and purchasing a home, the family knew that major changes were needed to accommodate their family, which includes two children. The couple enlisted the help of McLean based interior designer Tracy Morris of Tracy Morris Design.

"The home had sharp angles that disrupted the flow and wasted space that could be used for storage," said Morris.

One of the biggest priorities was to create a light-filled, family friendly kitchen. "Our main goal was to have an island to feed small children and a space where the family could eat dinner at the table," said Morris.

"Our main goal was to have an island to feed small children and a space where the family could eat dinner at the table."

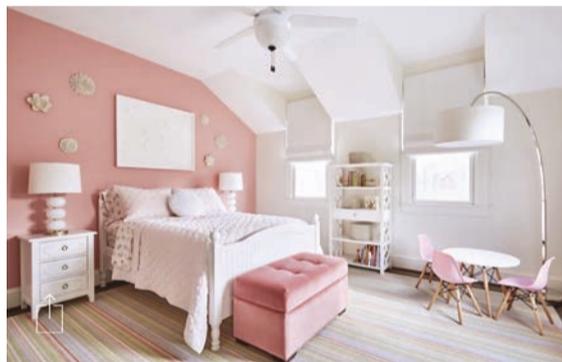
— Tracy Morris, Tracy Morris Design

An architectural overhaul was needed to accomplish that goal. The new design includes a butler's pantry and mudroom which allow for additional storage.

"The kitchen was bizarre and had a weird layout," said architect Sydney Davenport Katz of BarnesVanze Architects Inc. "There was one large island with two different heights.

"We regularized the shape of some of the spaces," she continued. "There were a lot of angled and sloping surfaces that we were able to eliminate"

Some of the kitchen cabinetry and part of a wall were removed. Floor to ceiling windows flood the room with sunlight. White cabinetry and marble countertops add to the space's light and airy feel. Morris used a neutral color palette throughout the home, which now includes an



Interior designer Tracy Morris created bedrooms for each of the family's two daughters.



A mudroom was created to provide additional storage space in this McLean home.

exercise room and playroom.

The second floor also called for a design overhaul, says Morris. "The master bathroom had a lot of chopped spaces. It was a bizarre design."

The original master bathroom had what Morris described as excessive storage space. Some of the closets were eliminated and the drop-in tub was replaced with a free-standing tub.

The home has five full bathrooms, two powder rooms, six bedrooms, including two guest rooms. The laundry room is located on the second floor.

"That project had such good energy," said Morris. "I'll always have great memories of it. There are just some projects in life that fall into place and this is one of them."

Mask Rules on the Mount Vernon Trail

Many wear masks on the trail regardless.

BY MIKE SALMON
MOUNT VERNON GAZETTE

The rules about wearing masks to prevent the spread of Covid-19 indicate that if you are outdoors and practicing social distancing, things are relatively safe. This would cover anyone on the Mount Vernon Trail, right? Still, out on the trail, there's plenty of mask wearing.

A husband-and-wife pair from right up the street donned the light blue, disposable type even though they were walking alone. "I've even seen bikers wear them," she said.

Another couple, Samantha Wenger and Nathaniel Hoffman, had masks stashed in the pockets of their windbreakers as they headed out for a hike on the trail. "We've been spacing out from other walkers," Wenger said.

According to the Friends of the Mount Vernon Trail, the George Washington Memorial Parkway has updated its compendium to incorporate mask wearing rules based on President Biden's Executive Order 13991. Mount Vernon Trail users are not required to wear masks while on the trail but are required to use a mask if entering a facility such as restrooms. The guidance sent to George Washington Memorial Parkway's philanthropic partners is below:

"The guidance issued by the National Park Service is to be followed by employees, volunteers, partners, contractors including concessioners, and park visitors. ...

"Individuals over the age of two years must wear masks, except when actively eating or drinking, in the following locations:

1. All common areas and shared workspaces in buildings owned, rented, or leased by the National Park Service, including, but not limited to, park visitor centers, administrative offices, lodges, gift shops and restaurants.

2. The following outdoor areas, when others are present, and where the superintendent has determined that physical distancing (staying at least six feet apart) cannot reasonably be maintained:

Great Falls:
❖ Outdoor courtyard area adjacent to the Great Falls Visitor Center

❖ The entrance lane to Great Falls, generally described as the travel lane and area adjacent to the fee station where vehicles stop and idle for the purpose of paying and entering the park

❖ The (two) designated overlooks at Great Falls

Dyke Marsh:
❖ Boardwalk viewing platform at the end of the boardwalk/trail

Glen Echo:
❖ Playground

Jones Point:
❖ Playground

Masks must cover the nose and mouth and fit snugly around the nose and chin with no large gaps around the sides of the face. Masks not designed to be protective, masks with ventilation valves, and face shields do not meet the requirement.



Even lone cyclists sported a mask.

PHOTO BY MIKE SALMON/GAZETTE

BULLETIN

FROM PAGE 10

Fairfax can be found at www.fairfaxcounty.gov/covid19.

As more vaccine becomes available, there will be more options where to access it. In the future, you will likely be able to access vaccine via your doctor, a health clinic or pharmacy.

It takes two doses. Follow the directions of your vaccine provider to schedule your second dose.

One caregiver can attend a vaccine appointment with their loved one.

Vaccine-eligible people can register for appointments online or over the phone (no need to do both).

Online: www.fairfaxcounty.gov/covid19. Click on "Vaccination" at the top of the page and you will see registration information. After your registration is accepted, a scheduling link will be sent to you as vaccine becomes available.

Call: 703-324-7404 to register for a vaccine via phone.

Vaccine Appointment Tips

After you receive your first vaccine, you should take a picture of your vaccination card that you will receive. That way you won't have to worry about misplacing it.

Wear a mask to the appointment.

Download and use v-Safe, an app that helps you report any reactions you are having to the vaccine. Learn more: www.cdc.gov/coronavirus/2019-ncov/vaccines/safety/vsafe.html

ADULT ENGLISH LANGUAGE CLASSES

The Literacy Council of Northern Virginia (LCNV) is hosting beginning-level adult English language classes from February to May. Due to the continued situation of COVID-19, classes for the spring semester will be held on virtual platforms only, which require students to have a computer, tablet, or smartphone and internet access to participate. Registration runs through February 5, with options to register via text message, phone calls, or in-person at certain locations and times.

Classes offered this spring include:

- ❖ Beginning English Class: pro-SEE BULLETIN, PAGE 14

NEWS AND NOTES

FROM PAGE 11

were no injuries reported. This investigation is active and ongoing. Anyone with information about the case is urged to contact Detective Anthony LaRusso at 703.746.6618.

Remember, never leave a child in a vehicle unattended. Always lock your vehicle's doors. Keep your keys, key fobs and valuables either on your person, hidden or locked up in a safe place.

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Obituary



Lynne Cornwell Kennedy

Lynne Cornwell Kennedy was born in Philadelphia, Pennsylvania on October 30, 1941, and passed away in Lauderdale By the Sea, Florida on March 1, 2021 at home with her husband and son by her side.

She is survived by her husband of 57 years, CAPT Joseph T. Kennedy (USN Ret.), and three children, CAPT Christopher Kennedy (USN Ret.) and his wife Robin of Virginia Beach, VA, Robert Kennedy and his wife Stephanie of Stanley, NC, and Dr. Carole Ivey and her husband David, of Midlothian, VA, 7 grandchildren, and 2 great-grandchildren. She is also survived by two sisters, Bonny Lyttle of West Creek, NJ, and Susan Kiefner, of Jenkintown, PA.

Raised in Ocean City, NJ, she was a 1959 graduate of Ocean City High School and graduated from Beaver (Arcadia) University in 1963. She was selected as the "Miss Weekly Guide" in 1959 and the 1960 Hydrangea Queen and was well known as a waitress at the Chatterbox. As a devoted Navy wife, she raised her family in 7 duty stations, until settling in Alexandria, VA for 40 years. She was an active member and volunteer at Good Shepherd Catholic Church and member of Mount Vernon Country Club. A memorial service will be scheduled at a later date with burial in Arlington National Cemetery.

Obituary

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An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them.

-Werner Heisenberg

"Cancerversary"



By KENNETH B. LOURIE

I realize I'm cancer-centric, especially in these columns, but for some reason that centrality didn't acknowledge my February 27th cancer anniversary. That date, in 2009, is when I was originally diagnosed with stage IV, non small cell lung cancer, the "terminal" kind. I remember it well. It was a Thursday. It was the initial Team Lourie meeting with my soon-to-be new best friend: my oncologist. A week or so prior, I had received the first indication - from my primary care physician, that my life was about to change: the results from the previous surgical biopsy confirmed a malignancy. It's rather an awkward dynamic to meet someone - for the first time, who immediately becomes the person who will control, manage and in effect, be responsible for whether you live or die, and for how long. From then on, he becomes the most important person in your life; a person who is now entrusted with your most precious asset: your health.

It was not an unfamiliar experience for me meeting someone cold and attempting to build a rapport. As a long-time salesman, that was my modus operandi. Whether in person or over the telephone, I have regularly been engaged in this kind of pursuit: trying to create an environment of trust and honesty in order to reach a shared goal. Previously, it was about making a sale; now it was about understanding my options and agreeing on a course of treatment. However, the one major difference between these two pursuits, was control, or rather the lack thereof. Cancer was now in control as compared to my life as a salesman where I chose it because it allowed me to be in control: who I called, when I called, scheduling appointments, et cetera. Soon it became apparent, I was no longer in Kansas anymore. I was in the hands - figuratively speaking, of my oncologist - in Maryland: my new boss. If I wanted to live beyond the "13 month to two year" prognosis I was given, I would have to be as attentive and compliant as possible.

In spite of our shotgun-type of relationship, we have persevered together, which has enabled yours truly to acknowledge, albeit a week or so later, an amazing achievement: 12 years and still living. Not that my circumstances have become de rigueur, hardly; especially since the thyroid cancer diagnosis of late has put into question my original non small cell lung cancer stage IV diagnosis. Apparently, after making a few inquiries, it appears unlikely that we can litigate the past any more than we can guarantee the future. It seems that cancer, whichever type, will be a part of my life and likely a part of my death as well.

I'm surprised how it's (my life) all turned out and grateful to whomever for what I'm not entirely sure. Nevertheless, somehow it's worked and here I am: alive and reasonably well. Not cancer free and never to be cured of my stage IV papillary thyroid cancer; still, it's a living and it sure beats a dying. Treatment and scans and all will continue, but so what. Originally it appeared my die was cast, but as it has happened, not nearly so fast.

All of which is nothing new, really. A cancer diagnosis is all about change, ceding control, and hanging on for dear life as you will be up and down and all-round, emotionally, physically and spiritually. Expecting a normal kind of pattern to your future life ended the moment a biopsy confirms a malignancy. Either you adjust to the vagaries of your cancer life or you will die having failed. I think I have succeeded beyond my wildest expectations. So much so that I didn't even acknowledge my "cancerversary" last week. I guess I needed the week off from worrying about it and didn't even realize it. I have to admit though, it felt good not focusing on it for a change. Almost like I was a "normal" person.

Kenny Lourie is an Advertising Representative for The Potomac Almanac & The Connection Newspapers.

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CALENDAR

and 1 p.m. At Huntley Meadows Park, 3701 Lockheed Blvd., Alexandria. Turner Farm Park is hosting a "Spring Equinox Celebration" for visitors ages 5 to adult. Learn about the path of the sun on the equinox, the seasons of the year, and how a sundial tells time. Observe the sun through solar telescopes, and take a solar system walk. The cost is \$8 per person. This event is weather-dependent and will be canceled in the event of rain. Later in the day, shake off the winter blues with a sunset stroll through Huntley Meadows Park. With your guide, look for signs of spring's awakening as you explore the forest and wetland habitats. The "Spring Equinox Evening Stroll" runs from 6:45 to 8:45 p.m. and is designed for participants age 6 to adult. The cost is \$10 per person. Call 703-768-2525.

SATURDAY/MARCH 20

About Time. Virtual presentation from The Athenaeum. 7:30 p.m. Jane Franklin Dance and the Northern Virginia Fine Arts Association Present About Time. Featuring: Jane Franklin Dance: Philip Baraoidan, Carly Johnson, Kelsey Rohr, Amy Scaringe, Brynna Wilder. Music: Steven Rogers. Athenaeum Exhibition: Philip Livingston. Poetry: Christopher Thomas. Tickets: free with donations accepted (\$10 suggested minimum to help JFD & NVFAA). Registration is required. Info: <https://www.janefranklin.com/about-time>

SUNDAY/MARCH 20

Family Hilltop Outing. 1-2 p.m. At Historic Huntley, 6918 Harrison Lane, Alexandria. Parents and kids are invited to take a family-friendly tour of Historic Huntley on a "Family Hilltop Outing" on three days in March 2021. Learn what significance this villa had to one of our Founding Fathers. Challenge yourself using historical tools, such as ice tongs. See if you can master old-time children's games. The program is designed for ages 5 to adult.

BULLETIN BOARD

FROM PAGE 13
vides adult English language learners the fundamental skills to understand and communicate in English, helping them to better engage in the community and advance their careers.

❖ Family Learning Programs (FLP): provides English language instruction for parents or caregivers, so that they can better communicate with their children and support their education.

Classes are \$85 with books and assessment included. Registration is required for enrollment. Please understand that no children are allowed at in-person registrations. If possible, please bring your interpreter for the process.

Strict social distancing precautions will be enforced. Face masks will be provided. Registration times and dates are available at LCNV's distance learning page (<https://lcnv.org/distance-learning-session/lcnv-classes/>), or call 703-237-0866.

DRIVERS NEEDED TO HELP SENIORS

Mount Vernon At Home is a nonprofit organization serving senior citizens in the Mount Vernon and Alexandria areas of Fairfax County. They are in critical need for volunteers to assist members with driving to medical appointments and grocery shopping. Mount Vernon At Home will supply you with necessary personal protective equipment (PPE), and can provide a donation receipt for your mileage. Volunteers can sign up for driving assignments through the online system which makes it easy to see and accept assignments. Give what time you can, there is no minimum or maximum number of hours. If you have some time to give to

The cost is \$8 per person. Children must be accompanied by a registered adult. Call the park at 703-768-2525.

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Fri. Mar. 12: Eaglemania - The World's #1 Tribute to Fleetwood Mac
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Sat. Mar. 20: An Evening with Tom Rush, accompanied by Matt Nakoia \$45.00 (Resched from 3/21/20. All 3/21/20 honored.)
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Sat/Sun. Mar. 27 & 28: An Evening with Raul Malo \$49.50 (Two Days!) Emily Julia Kresky to open.
Fri. Apr. 2: John Kadlecik Acousti'Lectric \$25.00
Sat. Apr. 3: Anthony Brown and Group TherAPy.
Thu. Apr. 8: Satisfaction - The International Rolling Stones Tribute Show \$29.50
Sat. Apr. 10: Bela Dona. Tickets \$25.
Sun. Apr. 11: Son Little. Tickets \$29.50.
Fri. Apr. 16: The Seldom Scene. Tickets \$35.
Shannon Bielski & Moonlight Drive to open.
Sat./Sun. Apr. 17-18: Samantha Fish. Tickets \$35.
Wed. Apr. 21: Wynonna Judd \$79.50 (Resched from 12/13/20. All 12/13/20 tickets honored.)
Fri. Apr. 30 & Sat. May 1: Felipe Esparza \$35.00 (Resched. from 1/15 & 16)
Sun. May 30: The Amish Outlaws. Tickets \$35.
All shows are at 7:30 p.m., unless otherwise noted. Tickets available at Ticketmaster.com. Contact The Birchmere at 703-549-7500 or www.Birchmere.com.

the community and can spare several hours a month, visit info@mountvernonathome.org, or call 703-303-4060.

VOLUNTEERS NEEDED

United Community (formerly UCM), 7511 Fordson Road, Alexandria, seeks volunteers for Food Pantry assistance, Early Learning Center teacher aides, basic needs counselors, youth tutors and mentors, office administration/data entry, and community outreach. Flexible hours and schedules. Opportunities for all ages to serve, including community service hours. More info at ucmagency.org/volunteer-opportunities or email volunteer@ucmagency.org.

Operation Paws for Homes, a Virginia based 501(c)(3) organization seeks volunteers, especially to foster dogs. See www.ophrescue.org for information and all volunteer opportunities.

RSVP, a volunteer network for seniors seeking service opportunities in and around Fairfax County, Arlington County and the City of Alexandria, offers a wide array of opportunities for volunteers 55 and older. RSVP volunteers enjoy flexible schedules, free accident and liability insurance while serving, optional mileage and meal reimbursement and are invited to volunteer group projects and social gatherings. To sign up for an upcoming orientation, email Carly Hubicki at chubicki@volunteerfairfax.org or call RSVP at 703-403- 5360. To learn more about RSVP, visit www.rsvpnova.org.

Line Dance Instructor needed for the Gum Springs Senior Program once a week on either Tuesday, Wednesday or Thursday. Volunteer Solutions, call 703-324-5406, TTY 711.

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